

SERVICES

★ Child care

Family Child Care program has openings for children of all ages.

Referral lists are available at Family Child Care, the Child Development Centers, Youth Center or the Library. Service is open to individuals with base access.

Call 846-1802.

★ Boston Sea Party

Join the Mountain View Club on Friday, **Jan. 9** for a Boston Sea Party!

Doors open at 5 p.m. A buffet of tantalizing treats from the sea will be provided featuring shrimp, crab, baked fish, seafood Creole, carved beef and chicken, assorted vegetables, salads, breads, and a dessert

table for the finish.

Swing Shift will entertain you beginning at 6 p.m. Price is \$10.95 for adult meals and for meals for children 6-11 years is \$6.95. As a member, each person receives a \$2 discount).

Call 846-5165.

★ Power Hour

Homework assistance is available at the Power Hour offered **weekdays**, 3-5 p.m., at Youth Programs.

Call 853-5437.

★ Care providers

Individuals providing child care in their Kirtland AFB home for more than 10 hours a week must be licensed

through a Family Child Care program.
Call 846-1802.

★ Child care orientation

Family Child Care will be holding an orientation for new providers January 20. Call 846-1802 for an application packet.

★ Providers needed

The Family Child Care program is recruiting new providers. There is a need for care for children under the age of two. The program is also looking for providers interested in working with children with special needs or providing care during non-traditional daycare hours (swing or evening shifts). Call 846-1802.

★ Pro Shop Special

Spend \$25 or more in the Tijeras Arroyo Pro Shop and draw for your

discount, 10-25 percent off listed price.

★ Spare Time Café

Visit Kirtland Lanes Spare Time Café for the following specials:

- Large Green Chile Stew Meal, \$3
- Fiesta Fridays, steak and baked potato meal, \$5
- Taco Tuesdays, lunch special.

Call 846-1156.

★ Indoor Pool Closed

The Kirtland indoor pool is closed through, **Jan. 2**.

Pool pass holders will be given the option of extending passes for a period of time equal to the duration of the closure or requesting a pro-rated refund. Classes will resume as scheduled on **Jan. 2**.

Call 846-5485.

King in the New Year at the Mountain View Club!

**Enjoy Dinner,
Dancing
to Live Music for
only \$30 (\$25 for
club members).**

Dec. 31, 6 p.m.



**Complimentary
champagne
and party favors**

**Call
846-5165
for reservations**

SPORTS

★ Football Frenzy

Football Frenzy is every **Sunday** during football season, 10 a.m., in the Roadrunner Lounge.

Stop by for the game of your choice. There will be plenty of beverages, chow and prizes for members.

Nonmembers will be charged normal prices. Call 856-5165.

★ Golf or lunch

The Tijeras Arroyo Golf Course Snack Bar offers a 10 percent discount on lunch **Mondays**, 10 a.m.-2 p.m.

Call 846-1574.

★ Aerobics class

The Low-Impact Aerobics class begins at 9:30 a.m. on **Monday**, **Wednesday**, and **Friday**.

★ Hockey Tickets

Scorpions Hockey Tickets are now available at Information, Tickets and Travel for all December home games. Grand Stand tickets are \$8 (Reg. \$12) / Center Ice are \$13 (Reg. \$16). All tickets are non-refundable / non-exchangeable.

Call 846-2924.

★ Personal trainers

Two personal trainers are on-call at the East Fitness Center.

James Allison is a Certified International Fitness Professional Association member and Diane Cabral is a Certified National Strength and

Condition Association Personal Trainer.

Fee for consultations is \$25 an hour. Call 846-1102.

★ "Boot camp"

Recall the glory days of boot camp while getting into shape for the fitness test.

The intense aerobic class includes pushups, sit-ups and other boot camp style exercises.

Classes are **Tuesdays**, 5 p.m. at the East Fitness Center.

Call 846-1073.

★ Big Guns Club

Be a part of the Big Guns Club. To qualify, you must be able to complete 74/30 (male/female) push-ups, 20/2 pull-ups and bench press your weight and a half for men and bench press your weight for women.

Call 846-1102

★ Handball club

No initiation fees, no dues, no meetings; only competitive handball games.

Courts 2 and 5 are reserved from 11 a.m.-1 p.m. for challenge games. New members are always welcome.

Call 846-2454.

★ Combat Club

Close Quarter Combat club meets **Tuesdays** and **Fridays** at the Rio Grande Community Center from 11 a.m.-noon.

Learn real-world hand, stick and knife combatives in this class of street fighting survival strategies.

Call 846-9148.

★ Breakfast

Join the Spare Time Cafe inside Kirtland Lanes for Breakfast! The Cafe opens at 7 a.m. **Monday- Friday** and 9 a.m. on **Saturdays** (breakfast is not served on Sundays).

Call 846-6851

★ Winter blues?

The Run for Fun New Years Fun Run is **Jan. 9**, 2004, 9:30 a.m., starting at Pennsylvania and G streets. Prizes are awarded.

★ Spinning class

Indoor cycling classes are held at the East Fitness Center, **Monday through Thursday** at 6 p.m. and **Saturdays** at 1 p.m.

Call 846-1073.

★ Basketball tournament

The East Fitness Center conducts 3-on-3 basketball tournament **Jan. 15**, 2004.

Any authorized patron of the fitness center, 18 years and older, can participate. Deadline to sign up is **Jan. 9**.

Register at 846-1102.

★ Pro shop discounts

Spend \$25 or more in the Tijeras Arroyo Pro Shop on merchandise and

draw for your chance to receive 10-25 percent off listed price.

Call 846-1574.

★ Air Force sports

If you excel in boxing, bowling, cross country, golf, fencing, rugby, shootoing, tae kwon do, track and field, triathlon, wrestling, marathon or men's and women's basketball, soccer, softball or volleyball, consider the Air Force Sports Program.

Visit <https://www-r.afsv.af.mil/FT/> or call 846-1102.

★ Lunch Crunch

The East Fitness Center has the Lunch Crunch, **Mondays, Wednesdays** and **Fridays**, 12:30-1 p.m.

The aerobics class focuses on abs, thighs and glutes.

Call 846-1102.

★ Ride of Your Life

Be a part of Air Force Cycling in the "Go for the Ride of Your Life."

You can win T-shirts, caps, towels and water bottles.

Pickup a mileage card at the East Fitness Center.

Call 846-1068 or 846-1102.

★ Run for Your Life

The East Fitness Center holds the "Run for Your Life" program. Participants are authorized three miles a day. Incentive prizes are given out for miles accumulated.

Call 846-1102.